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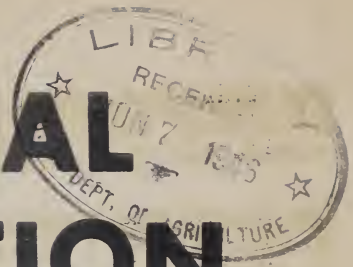
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MONTHLY

# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
and groups promoting nutrition education

DECEMBER 1944

WAR FOOD ADMINISTRATION, Office of Distribution

When the nation calls for production -- more and more production -- stop just long enough to remember two facts:

First, that factory workers behind our fighting men behind the guns at all fronts perform a key role in the great offensive.

Remember also that a hearty, midshift meal is one of the best ways to keep production efficiency at its peak -- it is one of the best ways to protect your health as well.

## What the nutritious meal does for you

Most of us think that good food is the food we like best. That may or may not be true. Sometimes the foods we like best lack some of the food value essential to buoyant, good health. If we are to have the drive and enthusiasm to work to capacity all day and have enough pep in reserve to enjoy our leisure time as well, we must choose the proper foods with care and forethought.

## What must we eat to be well-fed?

In order to be well-fed we must have enough of the right kinds of food every day. Besides calories, we should choose the foods that supply the nutrients essential for good health. These are:

1. One or more servings of protein-rich food such as meat, fish, poultry, cheese, eggs, dry beans and peas, and nuts.
2. One pint of milk to supply calcium -- cheese and green leafy vegetables are good sources too.
3. A whole-grain or enriched cereal and an egg will help to meet the iron requirement. Meat and dry beans and peas also are good sources of this mineral.
4. One or more servings of leafy green and yellow vegetables will furnish Vitamin A, as will butter, fortified margarine, and eggs.
5. Liver, kidney, lean pork, dry beans and peas, and whole-grain cereals are excellent sources of the B vitamins. Eggs and milk also contribute to the supply of these vitamins.
6. Choose a serving of citrus fruits and/or tomatoes every day for Vitamin C. Leafy green vegetables, green peppers, cantaloups, strawberries, and potatoes also are sources of this vitamin.

For that added health protection, this is important: make certain that all the white bread and rolls you eat are enriched, that cereals are whole-grain or enriched, and that margarine is fortified. Table salt should be iodized.

How to get an adequate meal on the job

In many plants, a low-cost, vitamin-rich lunch special is offered daily, and this is usually the surest way to get the right selection of foods. If properly planned, the lunch special follows this general food pattern:

Main protein-rich dish, (made from meat, fish, poultry, cheese, eggs, dry beans or peas).

Potatoes (or another starchy vegetable).

Green or yellow vegetables (cooked or raw).

Enriched or whole-wheat breadstuff.

Butter or Vitamin A-fortified margarine.

Milk and Dessert (preferably containing milk or eggs).

A lunch special consisting of a generous serving of each of these foods should provide you with one-third of your daily food requirements except Vitamin C. If citrus fruit juice, tomato juice, or a leafy vegetable salad is included, the nutritional value of the lunch is further improved. The Vitamin C-wise worker will remember to have for breakfast each morning tomato juice or citrus fruit or juice to make certain he has a good start on his daily requirement of that precious vitamin.

Is a satisfying meal always a nutritious meal?

Workers not aware of food value might choose these popular foods:

Hot roast beef sandwich with gravy

Stewed white corn

Coffee

Mashed potatoes

Apple pie

This is a substantial, filling meal which provides a protein-rich main dish, potatoes, bread and a fruit dessert. But what does it lack? Calcium is missing, the amount of Vitamins A and C is inadequate, and there is not nearly enough of the B vitamins.

By suggesting a few changes let us make this lunch into a more nutritious meal. It is not necessary to add more food items, nor does it need to cost more:

Pot Roast of Beef with gravy

Tossed green salad

Butter or fortified margarine

Steamed whole potatoes

Whole-wheat rolls

Custard pie and Milk

In this lunch the leafy green salad is rich in Vitamin A and supplies some Vitamin C; the milk furnished calcium that is missing in the other lunch; the whole-wheat rolls and the milk add additional B vitamins, and the steamed potatoes contain more Vitamin C than the mashed potatoes.

More workers with the "know how" on food selection are eating the lunch special. It is easy on the pocketbook and -- when carefully planned and prepared -- provides the foods that mean health insurance.